

Appl. No. 10/748,501  
Amdt. Dated 08/24/2005  
Reply to Final Office action of 02/24/05

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1. (currently amended) ~~An item list apparatus for use by a user A method for enabling organized shopping, comprising the steps of:~~

~~preparing a list of items for shopping on a sheet having a top edge and a bottom edge, and a front surface and a back surface;~~

~~wherein said list of items for shopping is written on said front surface; providing space for creating a list of items;~~

~~wherein said sheet has attaching means for attaching said top edge to said bottom edge; and~~

~~arranging said sheet folded in the form of a loop at the time of shopping; by said user once the list of items is created and the user is ready to use said list of items by attaching said top edge to said bottom edge using said attaching means;~~

~~wherein said loop has an outer side and an inner side; and~~

~~wherein said front surface having said list of items forms the outer side of said loop.~~

Claim 2. (currently amended) The apparatus method of claim 1, wherein said attaching means comprises a pressure sensitive adhesive applied on the back surface of

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said sheet in close proximity of said top edge; and wherein a plurality of said sheets are attached together in the form of a pad using said pressure sensitive adhesive.

Claim 3. (currently amended) The apparatus method of claim 2, wherein said pad is placed on a refrigerator or a similar surface.

Claim 4. (currently amended) The apparatus method of claim 1, wherein said sheet is organized in a tabular format comprising a plurality of cells on the front surface; and wherein each of said plurality of cells comprises a category heading for the items to be listed and space for listing said items. ~~are listed in said space on said sheet of paper by one or more users on a real time basis as the need arises until the time of shopping whereby creating a completed shopping list, wherein at the time of shopping the user wraps said completed shopping list in the form of a loop around said user's wrist or around the handle of the shopping cart, in a manner such that the front side of the list is on the outer side of the loop, by attaching said top edge with the adhesive to said bottom edge.~~

Claim 5. (currently amended) The apparatus method of claim 1, wherein said list of items is a shopping list and a food pyramid is superimposed on said sheet enabling the user in shopping for a balanced diet.

Claim 6. (canceled)

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Claim 7. (currently amended) The apparatus method of claim 1, wherein said list of items is a for shopping list is prepared by one or more persons on a real time basis as the need arises until the time of shopping.

Claim 8. (currently amended) The apparatus method of claim 1, wherein said sheet is made of paper.

Claim 9. (canceled)

Claim 10. (withdrawn) A method of creating a list of items for ease of use by a user, comprising the steps of:

creating a list of items on a sheet, said sheet having a top edge and a bottom edge, and a front side and a back side; and

forming a loop from said sheet by attaching the top edge of said sheet with the bottom edge of said sheet;

wherein said front side forms the outer side of said loop and said back side forms the inner side of said loop; and

wherein said list of items is located on said outer side.

Claim 11. (withdrawn) The method of claim 10, wherein said list of items is a shopping list.

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Claim 12. (withdrawn) The method of claim 10, wherein said list of items is a reference list.

Claim 13. (withdrawn) The method of claim 10, wherein said sheet is made of paper; and where in said sheets of paper are organized in the form of a pad.

Claim 14. (currently amended) The method of claim [[10]] 1, wherein said loop is formed around a wrist of the shopper.

Claim 15. (currently amended) The method of claim [[10]] 1, wherein said loop is formed around the handle of a shopping cart.

Claim 16. (withdrawn) The method of claim 10, wherein said sheet is pre-formatted for making entries in said shopping list.

Claim 17. (withdrawn) The method of claim 13, wherein said pad is attached to a refrigerator or to a similar surface.

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